

Student News, Student Views

Vol. 3 June, 2006



Welcome Students

Greetings students! I hope you are off to a great start this summer. In this edition of SN, SV we are providing you with information to ensure everything is in place for you such as travel reimbursement, ensuring you received your raise, what to do if you didn't, and gearing up for the annual Student & Postdoc Symposium! You will also find the first set of many activities to participate in this summer such as the LANSCE tour, the Research Library Student and Mentor

Breakfast, the MSTea & Cookies weekly gathering and LANL Field Day (time to start putting your team together). There are also many events taking place in the community that I want you to know about such as "Monday at the Pit" which is a volleyball and a barbeque, outside movie night at Gold Street Apartments (this sounds like fun!) and of course I want you to come and pick up your Student Welcome Card (formerly student discount card) where you can get discounts from participating businesses around town. On a safety note, please read the article on acclimating to this high altitude area and the symptoms of "Acute Mountain Sickness". In terms of security, check out the Security Smart: Security Awareness for Students article which gives excellent information about your badge, your electronic devices and the SECON posts. As you can tell, we have a lot going on. Let me know how things are going and if you have any suggestions on activities you would like to participate in or questions you might have. You know where to find me... crutten@lanl.gov, 665-5194 or Canyon Complex, room 157.

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Travel Reimbursement

If you need to be reimbursed for your travel and have not completed the process yet, you can find the information you need at: <http://financial.lanl.gov/accounting/travel/regulations/graugsregs.shtml>. You can also contact Sherylin Robinson at 665-8529.

Symposium 2006

As the summer progresses, the 2006 Research Symposium is getting closer and closer. This year's symposium will be held at UNM-LA on August 2nd- August 3rd. Slots are quickly filling up for poster presentations and also for technical talks. The deadline for registering for the symposium is July 14th. This year's symposium is free of charge and is a great opportunity to display and showcase your research/projects conducted here at LANL. The following is a link to the symposium website where you may register and find answers to most of your questions: <http://www.lanl.gov/education/symposium/>. For more information call 664-0930 or email: severo@lanl.gov



Did I Get My Raise? Salary Increases for Returning Students



Students whose transcripts were received by the Education Postdoc Office (EPO) by the February 17th deadline are eligible for the annual student salary increase. Raises were effective May 15, 2006. If your transcript was received by EPO after the February 17th deadline, you may find that your salary increase is effective after May 15th. The transcript submittal process includes an official transcript showing all coursework with fall grades and spring enrollment. If you have not submitted a transcript please do so immediately to:

Brenda Montoya
Los Alamos National Laboratory
PO Box 1663, M709
Los Alamos, NM 87545

Please Note: If you did not receive the salary increase you were expecting, please contact the HR Service Center at 664-6947.

Salaries for students working towards an Associate's degree are capped at the HS+2 level.

Students who are currently in post-baccalaureate or post-master's categories are not required to submit any documentation.

Students must have completed another full year of school and have met the next credit hour milestone to qualify for an increase to the next level of the salary structure. You can view the salary structures at: <http://int.lanl.gov/>

LANSCÉ Tour:

On June 6th the Students' Association is hosting a tour of the Los Alamos Neutron Scattering Center (LANSCÉ). LANSCÉ is a National user facility which has one of the world's most powerful proton linear accelerators where people can conduct basic and applied multidisciplinary research. More information about the accelerator and the different types of experiments that can be conducted at LANSCÉ can be found on their website at <http://lansce.lanl.gov/>.

Date: June 6, 2006

Time: 8:00 a.m. (the tour will last 3-4 hours)

Location: Los Alamos Neutron Scattering Center (LANSCÉ)

The tour will meet at the Lujan Center lobby at TA-53

Map: <http://lansce.lanl.gov/maps/index.html>.

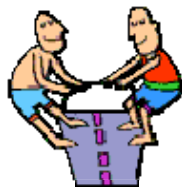
Twenty students can be accommodated.

To reserve your spot, e-mail Kim Tait at ktait@lanl.gov. You must include:

1. Name
2. Z number
3. Age (must know the number of students over 18 years old)
4. Citizenship
5. Advance permission from your mentor to attend the tour.

We will have a roster for the tour; so please do not just show up!

Field Day



Students, do you remember neon colored book covers, slap bracelets, and watching Jerry Springer every night? What about regular and super Nintendo, power rangers, and the roar about the invention of caller id? All of these memories are from our wonderful days in elementary and junior high school, but one memory towers above the rest — Field Day!! That's right, field day is the main event once again. On Sunday, June 25th, from 10am-2pm at Urban park, SA will be hosting its own field day. Famous events such as tug-of-war, the 3-legged race, a pie eating contest, sack race, egg toss, and many many more activities. Field Day will once again be the Olympics for all who are athletically challenged. We plan to have music, basic refreshments, and one of the best times Los Alamos has ever seen. In addition to all of this excitement, however, volunteers are greatly needed to help set-up, clean-up, and supervise certain events as they are going on. If interested in volunteering, please send an email to calvin@lanl.gov, or call 606-2140. Be on the look out for fliers and emails with more information containing the rules and regulations, and the procedures for picking and registering your teams. So, start training now because field day will be one day you will not want to miss.



You're Invited to Breakfast

WHO: LANL Students and Mentors
 WHEN: Wednesday, June 7th, 2006
 8:30am - 11:30am
 WHERE: Research Library, Main Floor
 (Oppenheimer Study Center)

Hosted By: LANL Research Library Staff

There will be Demonstrations on the Library's Products and Services along with presentations of new products to make your research needs easier and faster!

FOOD!!! GIVEAWAYS!!!! TRAINING!!!

RSVP to: Helen Boorman hboorman@lanl.gov by Monday, June 5th

MSTea and Cookies

What: Come talk Materials Science with your peers and enjoy tea and cookies! This is an excellent opportunity to meet with other students, post-docs, and researchers to discuss data, network, and eat tasty cookies and drink tea! Social gatherings alternate with informal speakers, who range from students sharing their results to upper management discussing their outlook on LANL's future. In this relaxed atmosphere, discussions on a wide variety of scientific, as well as, non-technical topics can give new perspective on issues at the lab. Hope to see you there!



When: Every Wednesday, 4:30pm.

Where: MSL Meeting Place: TA-3, Bldg 1698, across the lobby from the auditorium, within the Materials Science Complex (MSC)

Calendar with future scheduled events: <http://www.mst.lanl.gov/internal/calendar.shtml>

Contact: Heather Volz, hvolz@lanl.gov or 5-4370. Sponsored by MST and MPA Divisions

NOTE: These events are NOT just for students and postdocs. All are always welcome, whether you have been at the lab one week or thirty years, or any amount in between!

COMING SOON:

- June 7th - Susan Seestrom, ADWP; future Associate Director for Experimental Physical Sciences
- June 14th - Dan Thoma, Manufacturing Science Institute

If you have any ideas as to what you would like to see included in this newsletter, please contact Carolyn Ramsey at 606-0333, or cramsey@lanl.gov.



If you missed any of the previous editions of Student News Student Views, you can find them at <http://sa.lanl.gov/documents.php>.

Community Welcome Cards

Community Welcome Cards

Are gas prices eating up your summer checks? Do you wish you could go out to lunch and eat more than the free chips and salsa? Well have no fear, the student Community Welcome card is here. This community welcome discount card is a great bonus to being a student at the lab, and being apart of the Los Alamos community. Many businesses in town such as the YMCA, Central Ave, and Grill, Ruby K's, and a host of other businesses around town offer great discounts to students who present this card. A complete list of businesses can be found on the SA website at <http://sa.lanl.gov/documents.php>. Once on the website, scroll down and select "documents", and once in documents, you will see the link that lists all participating businesses in Los Alamos.

The community welcome card represents the strong bond between Los Alamos National Laboratory, the community, and the people within the community. These businesses work in conjunction with the lab and its students in order to make their stay fun, affordable, and memorable. All new students will receive their discount cards at orientation, and returning students can pick one up on June 6th from 11-1 at Canyon Complex room 147, or on June 7th from 11-1 at Canyon Complex room 147.



Come Join Us For "Monday at the Pit"

The United Church of Los Alamos has planned to offer a "decompression opportunity" for lab university students every Monday evening this summer from 5:30 —7:00 p.m. Free food will be available, and the volleyball court and basketball area will be open.

The volleyball court is a newly refurbished sand court located at the corner of Canyon and central, across from the Aquatic Center. Come by and have a fun, relaxing evening.

For information or questions, contact Eric Schmierer at 667-0683 (schmierer@lanl.gov).

Know students who are not receiving Student News, Student Views? Invite them to contact cramsey@lanl.gov to get on the list serv.

Disclaimer: Items in SN,SV are compiled from public info from various sources within and around Los Alamos. Activities and info listed in SN,SV imply safe, fun excitement for LANL students.



Student Welcome Card Participants

Listed below are the participants that are currently offering student discounts for the summer. To see the exact amount of the discount, check out the SA website at <http://sa.lanl.gov/documents.php>. Once on the website, select "documents".

- AAA New Mexico
- Andrew's Gallery
- Animal Clinic of Los Alamos
- Bob's Bodacious BBQ, Inc.
- CB Fox
- Central Avenue Grill
- Cook'n in Style
- Film Festival at Home
- Hill Diner
- Home Run Pizza
- Hot Rocks
- Larry R. Walkup Aquatic Center
- Los Alamos County Ice Rink
- Los Alamos county Golf Course
- Los Alamos Fitness Center
- New Mexico Dance Theater
- Oragami
- Quizno's
- Ruby K's
- The Historical Museum
- Tour the Atomic City by Buffalo Tours
- Trinity Beverage Company
- Village Arts by Marilyn
- YMCA



Laboratory Safety

SAFETY FIRST

and Security

Safety and security requirements are established for the entire Laboratory, each facility, and all work activities. Documents regarding specific safety requirements can be obtained from your management or facility management organizations.

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Review building/facility **evacuation plans** and be prepared to implement them if necessary. During the Laboratory's heightened security, building evacuations may be more prevalent.

Make certain that workers in your facility know their evacuation plan.

Copies should be posted where it can be reviewed.

Be sure that you and other employees know your assembly point and that you remain there until released by the incident commander.

When life or safety is in jeopardy, a safe evacuation is the first priority.

Employees should leave classified matter, Special Nuclear Materials, classified computer terminals, and classified storage repositories as is and evacuate the area immediately.

Evacuees must report to their supervisors any materials or repositories left unattended.

When the area is reoccupied, the materials and repositories should be reexamined and accounted for immediately.

NOTE: In a recent building evacuation, some employees were reluctant to leave because they felt their jobs were too important. Remaining behind endangered both the employees and the emergency responders. *Employees must evacuate when asked to do so.*

More information can be found at <http://int.lanl.gov/esh/> or at <http://int.lanl.gov/security/>.

New Mexico Trivia (answers on back page)

1. Why is Shiprock not a haven for rockclimbers?
2. Where will you find the Morris Miniature Circus?
3. Mike Judge of Albuquerque created what MTV duo?
4. At an elevation of 13,110 feet, Truchas Peak is part of what mountain group?
5. What town is known as the Chile Capital of the World?
6. Where does New Mexico rank among the fifty states in annual per-cow milk production?
7. What 1968 film starring Clint Eastwood, Inger Stevens, and Ben Johnson was filmed around Las Cruces?

Calendar of Events

(LANL Student Activities highlighted in red)

6/01 Farmer's Market begins (every Thurs. thru October)
 6/02 - 6/30 Bandelier 90th Anniversary Event Ranger-guided Walks on the Main Loop Trail
 6/03 Summerfest 10 a.m. - 3 p.m. Pajarito Ski Mountain
 6/05 - 6/14 New Student Orientation at Canyon School (Mon., Tues., Wed.)
 6/06 LANSCE (Los Alamos Neutron Scattering Center) Tour 8 a.m. TA-3 Lujan Center Lobby
 6/06 MSTea & Cookies 430 p.m. TA-3, Bldg. 1698
 6/07 Student Breakfast - Research Library (Otowi Building) 8:30 a.m.
 6/08 Poetry Gathering 7-8 p.m. Mesa Public Library
 6/08 Interpretive Event, Nightwalk at Bandelier 9 p.m. Reservations Required
 6/10 Los Alamos Chamberfest 10 a.m.-3 p.m. Downtown Los Alamos
 6/14 NHMFLC (National High Magnetic Field Lab Center) Tour 10 - 11 a.m.
 6/24 Los Alamos Mini Marathon (contact www.highaltitudeathlete.org)
 6/25 Field Day 10 a.m.—2 p.m. Urban Park

May 2006



Security Awareness for Students

Students: You are a critical part of our workforce and must be a part of the Laboratory's aim to reduce security incidents at the Laboratory. You must understand and follow security policies and procedures. Discuss security policies and procedures with your mentor. If you have any questions about security during your employment, contact the Security Help Desk (665-2002 or security@lanl.gov).

Security Badges

Wear your badge while on DOE/LANL property and leased facilities. Wear badge conspicuously, photo side out, in a location above the waist and on the front of the body.

Remove your badge when off DOE/LANL property (e.g., restaurants, grocery stores, gas stations, etc.). Do not use your badge for unofficial purposes or identification purposes outside of Lab facilities.

Report loss or theft of your badge within 24 hours or by the next business day to the Badge Office, 667-6901. If stolen, also contact the Security Inquiry Team (SIT), 665-3505.



SECON Posts



SECON (Security Condition) access control posts at LANL were established on roadways at certain areas within the Laboratory shortly after the September

11, 2001 terrorist attack. The purpose of SECON posts is to limit access to sensitive locations of the Laboratory to authorized personnel or vehicles. They are required whenever the Laboratory is at a SECON Level 3+ or higher (2, 2+, 2++, etc.)

When you arrive at a SECON post, come to a complete stop, hand over your badge to the PTLA officer, and wait for an indication to proceed.

Personally Owned Electronic Devices

Personally owned electronic devices with recording and/or transmitting capability are not allowed in security areas, for example:

- Cell phones and two-way pagers (If government-owned, batteries must be removed when entering a security area);
- mp3 players with data ports;
- Radios or boomboxes with cassette recorders;
- Palm Pilots and calculators that can download data from a computer.



The use of non-LANL owned computers is not allowed without prior approval from the Cyber Security Team. Contact 665-1795 for more information.

Controlled and Prohibited Articles

Controlled articles are those not permitted in a Laboratory security area (Limited Area, Exclusion Area, Protected Area, or Material Access Area) without prior authorization.

Prohibited articles are those not permitted anywhere on Laboratory property.

Controlled/Prohibited Articles List:

<http://int.lanl.gov/security/personnel/badge/prohibited.shtml>

Security Contacts

Cyber Security: 665-1795 or cybersecurity@lanl.gov
 Badge Office: 667-6901
 Security Help Desk: 665-2002 or security@lanl.gov
 Security Inquiry Team (SIT): 665-3505

Security

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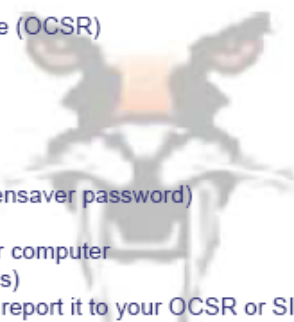
Security

May 2006

Computer Security

As a LANL computer user, you must:

- Know your Organizational Computer Security Representative (OCSR)
<http://ocsrlist.lanl.gov/>
- Complete required cyber security training
<http://int.lanl.gov/security/cyber/training.shtml>
- Register as a computer user
<http://int.lanl.gov/security/cyber/registration.shtml>
- Follow Laboratory password guidelines (including your screensaver password)
http://int.lanl.gov/projects/ia/dsp_iastd.php?std=w-iaf801
- Enable screensaver protections when you're away from your computer
- Ensure virus protection software is installed on your system(s)
- Recognize when a cyber security incident has occurred and report it to your OCSR or SIT
http://int.lanl.gov/cyber/docs/incident_reporting.pdf



Computer Misuse

Computer resources are to be used for official use only. Evidence of misuse and waste, fraud, and abuse could result in disciplinary action. For instance:

- Viewing pornographic material on the web
- Gambling
- Downloading and storing music files
- Running a home business on LANL computers
- Excessive web 'surfing'



LANL computers are monitored and may be confiscated. Remember, the equipment belongs to LANL, not to the employee!

Escorting

When escorting individuals or being escorted into security areas, know your responsibilities.



- Escorting must be for official LANL business.
- Escort must fill out the escorting log
 - each organization has its own escorting log
 - for security areas within TA-3, use the TA-3 log:
<http://int.lanl.gov/security/personnel/escort/sm43/>

Visit <http://int.lanl.gov/security/personnel/escorting/> for detailed escorting requirements.

Operations Security (OPSEC)

<http://int.lanl.gov/security/isec/index.shtml>

What can you do to help OPSEC?



- Protect your badge when not using it (e.g., do not leave it hanging from the rearview mirror of your car).
- Lock your door when you leave your office.
- Shred sensitive and personal information.
- Be aware of what you are doing and who is around you at all times.
- If you feel uneasy about something -- a stranger who is wandering around unescorted, a coworker who is acting out of character -- report it to PTLA, 665-1279.
- Report a suspicious package to EM&R, 667-6211 or 911.
- Question strangers in your building.
- Be aware of what you share about where you work and what you do.

Security Resources

Security Website

<http://int.lanl.gov/security>

Security Smarts

<http://int.lanl.gov/security/documents/index.shtml#security-smarts>

Security Videos

<http://int.lanl.gov/media/media.php?cat=2>

Security Tips

<http://www.lanl.gov/newsbulletin>
http://int.lanl.gov/security/news/sectip_archive.shtml

Security

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Community Corner



More Hiking Trails in the Los Alamos Area

Here's a few more hiking ideas for the Los Alamos area. Remember to always tell someone where you are going. Take snacks and water in case of emergency, and be prepared for changes in the weather. To see previous trails listed in this section of the newsletter, see the past issues of the Student News, Student Views newsletters. More info on the hiking trails can be found at <http://www.losalamos.com/hiking/>.

Ski Hill to Canada Bonita: morning hike – 2 miles OW: Start at the dirt road going off to the north (right) between the ski hill parking lot and Camp May. Stay on the road or take the cross-country ski trail that branches off in about half a mile. They both go to Canada Bonita, a beautiful grassy meadow. Very popular in October, when the aspen are golden. Trail continues to Pipeline Road (see below). (Rating: Easy)

Ski Hill to Pipeline Road to Los Alamos: all day -- 9.5 miles OW: Leave a vehicle at the bottom of Pipeline Road. Have someone drive you to the ski hill. Start hiking at the dirt road to Canada Bonita (see above hike) continuing on to the ridge above the Valles Caldera. Great views! Turn right on Pipeline Road and hike down. This is a favorite jogging and mountain biking route, except that they start at the bottom. (Rating: Moderate)



WHITE ROCK and the RIO GRANDE

White Rock has three trails marked on their city map. More information and/or maps on these trails can be found at the Los Alamos Chamber of Commerce. During the summer, the hike in White Rock can be really hot – so take lots of water and wear lots of sunscreen. Also, watch out for snakes sunning themselves.



White Rock Rim Trail: morning hike – 3 miles OW: Start at the undeveloped park on the right side of Sherwood just south (toward La Senda) of the Sherwood/Grand Canyon intersection. Turn right on the trail just beyond the chained gate. The trail wanders along the rim of Pajarito Canyon to the spectacular drop-off at White Rock Canyon. Bear left and follow the trail on the rim behind the houses to Overlook Park. Wonderful views the whole way. (Rating: Easy)



If you are already adapted to the higher altitudes in northern New Mexico, the thinner air with its lower barometric pressure presents no health problems. However, according to Dr. Hugh Smith, a physician formerly with the Lab's Occupational Medicine Group, visitors coming from lower elevations can experience a variety of effects. Acute Mountain Sickness can occur at altitudes as low as 4,000 feet, but is more common above 8,500 feet. If ascent is too fast above this altitude, more serious complications can develop (including death). Understanding symptoms and options to problems at higher altitudes cannot prevent complications — but can be vital to protecting health.

The most common reaction to ascending to higher altitudes is that people will tend to breathe more rapidly to adapt to a lack of oxygen supply to the body. "On the simplest level, this more rapid breathing means that lowlanders expend more effort and need to consume about 500 more calories a day — preferably from carbohydrates — as well as more water because they are losing a greater amount of water vapor through respiration," said Marta Gentry-Munger, a nutritionist with the Lab's Wellness Center. Sleeplessness can also be a common problem because periodic breathing can result in fitful nighttime patterns, according to Dr. Smith.

Along with Acute Mountain Sickness, High-Altitude Pulmonary Edema (HAPE) and High-Altitude Cerebral Edema (HACE) can occur if hiking or camping over 10,000 feet. These last two conditions require a return to lower altitude and follow-up medical care. It is important not to push yourself when experiencing problems with altitude sickness. According to Dr. Smith, the best way to handle the higher altitude is to make a gradual ascent to allow the body to respond to the new demands and allow it to adapt. Also, problems such as chronic heart or lung disease can become worse at higher altitudes, and extra caution is needed.

For more information on altitude illness you can check the Centers for Disease Control web pages at <http://www2.ncid.cdc.gov/travel/yb/utills/ybGet.asp?Section=NIR&obj=altitude.htm> or the Lab's Wellness Center at <http://int.lanl.gov/health/index.shtml>.

Salsa Classes

!Free Lessons!

Salsa I: 7:00 – 8:00pm
 Practica: 8:00 – 8:30pm
 Salsa II: 8:30 – 9:30pm
 Practica: 9:30 – 10:00pm

Join us & learn to Salsa

Classes are scheduled for Wednesday nights at the Los Alamos Community Center. For more information, contact Darrin ddawgncc@comcast.net (661-8599), or Maria at maria_i_p@yahoo.com (663-1047)

Your ticket to the movies!

The following movies will be showing at the Reel Deal Theatre the week of June 2 thru June 8. After this date, more current information can be found at www.reeldealtheater.com.

The DaVinci Code	PG-13
The Break-Up	PG-13
Over The Hedge	PG
Sandlot	PG
X-Men III (The Last Stand)	PG-13

Coming Soon:

Cars
 Click
 Superman
 Pirates of the Caribbean:
 Dead Man's Chest



Outside Movie Night at the Gold Street Apartments

Starting June 9th, each Friday night throughout the summer (depending only on weather) Greg Goddard will project movies on the side of his apartment building. Movies usually start just after dark (around 8:30 p.m.). In the past, he has tended to stay with older films (30s-60s), but he is open to requests and recommendations. Movies are prescreened to assure appropriate content. Feel free to bring friends, kids, or significant others — the more the merrier. Limited numbers of chairs are available, so bring a blanket or a lawn chair to sit on.

If interested, contact Greg Goddard at quantmmech@yahoo.com. He will keep you apprised of week-to-week movie plans, and can send you the current movie list.

Answers to Trivia Questions

1. Because the Navajos consider the rock to be sacred and forbid its being climbed.
2. Museum of International Folk Art in Santa Fe
3. Bevis and Butt-Head
4. Sangre de Cristo Mountains
5. Hatch
6. First, with more than 20,000 pounds per cow.
7. Hang 'Em High
8. The Muppet Movie

Los Alamos County Summer Concert Series

ALL SHOWS ARE FREE OF CHARGE AND ARE FRIDAY AT 7PM UNLESS NOTED. BRING YOUR LAWN CHAIRS!

Friday, June 2	15th & Central (Metzgers)	Sweet Sunny South — Colorado mountain music
Friday, June 9	Central & Main	Terri Hendrix & Lloyd Maines — Texas roots music
Saturday, June 10	Central & Main 11 a.m.	Brother — Australian rock band with guitars, drums, bass, didgeridoos, and bagpipes!
Friday, June 16	Ashley Pond	Greg Abate — BeeBop jazz